Name: _____

Everything you need for a healthy meal
you can get from traditional Hawaiian foods.

Traditional Hawaiian foods that
I plan to eat are:

_____

_____

_____

_____

_____

_____

Places I can call for information about
Hawaiian foods and how to cook them.

Native Hawaiian
"Traditional Hawaiian Foods--Still the Best" Booklet
Reading Grade Level: 4
Dimensions: 5.5" x 8.5"

NATIONAL CANCER INSTITUTE

MH0174480

Traditional Hawaiian Foods

Still the best!

Traditional Hawaiian Meal - Taro, sweet potato, banana, limu, and lawalu (fish or chicken steamed in taro leaves)

You can cut down on your chances
of getting certain types of cancer.
Here's how:

OMH-RC-Knowledge Center
5515 Security Lane, Suite 101
Rockville, MD 20852
1-800-444-6472

Eat traditional Hawaiian meals that have many fruits and vegetables.

Foods to eat:

Luáu
Lau úala
Limu
Hóió

Iá
Moa

Kalo
Poi
Úlu
Úala

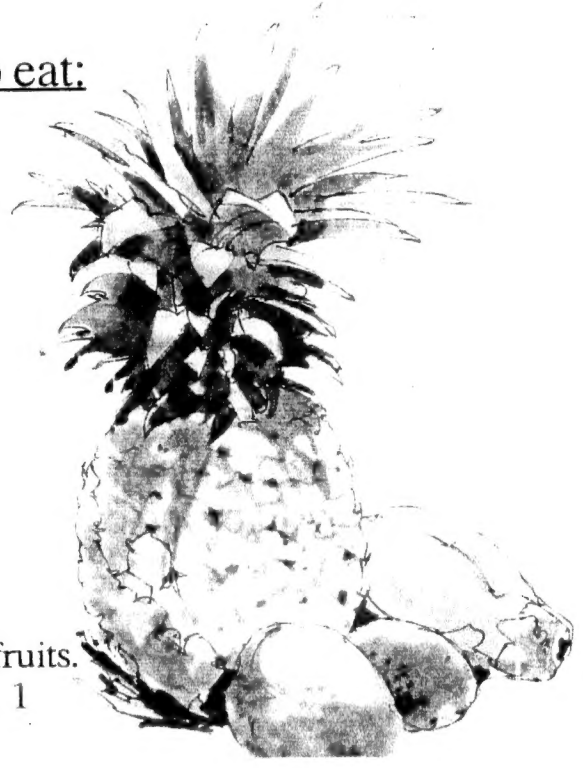
Other good foods to eat:

Broccoli
Cabbage
Carrots
String beans
Watercress

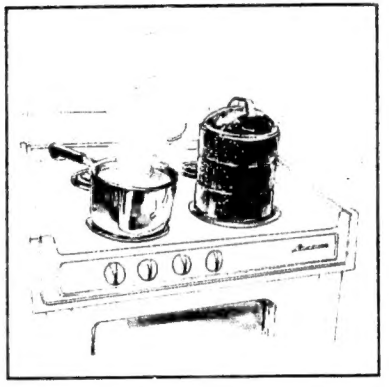
Papaya
Mango
Pineapple

Brown rice
Potatoes
Brown wheat bread
Noodles

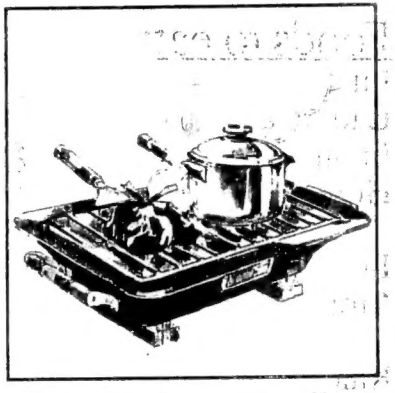
All other vegetables and fruits.



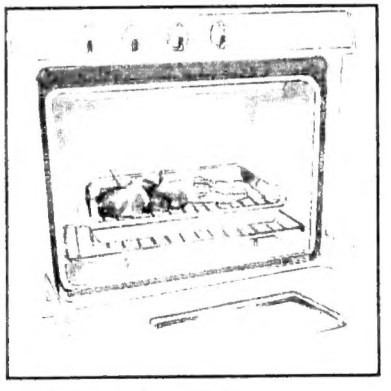
Steam, bake, or broil foods as often as you can.



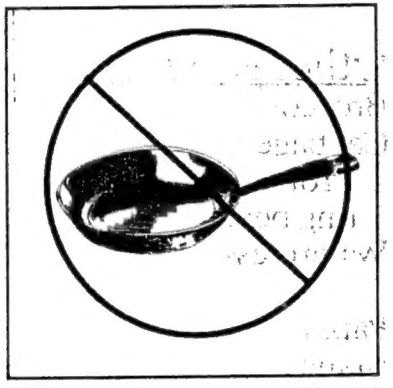
Steam



Steam, bake, or broil on the campfire.



Bake or broil in the oven.



Do not fry.